

Health coaching FAQ

Expert information, advice and encouragement to help you be your healthiest.

Q. What's health coaching?

A. It's a program that pairs you with a health coach who gives you information, advice and encouragement about topics like:

- Healthy eating
- Exercise
- Weight management
- Stress management
- Tobacco cessation

Your coach helps you set and reach health goals, and it's all done over the phone, email or in person.

Q. Why should I participate?

A. Your health is your most important asset. Working with an experienced, certified health coach gives you resources and support to help you be your healthiest. You may also want a health coach if:

- **You're running low on motivation.** A health coach can help you build confidence, provide support and offer inspiration.
- **You need someone on your side.** Your health coach is like a really knowledgeable friend who's there to listen, ask good questions and keep you on track with your goals.
- **You need help recognizing successes.** A health coach can help you identify wins and celebrate your progress.
- **You need extra support.** Health coaching can enhance and support other wellness programs you participate in like Jenny Craig®, Weight Watchers® or fitness classes.

Q. How does health coaching work?

A. Health coaching is confidential and convenient. It happens over the phone, through email or in person.

- **Your first coaching session:** You and your coach will develop personal goals, an action plan and review your health assessment results.
- **Additional coaching sessions:** You'll work with your coach to review your progress toward your goals, explore and resolve challenges and set your goals for the next session.

Q. How much does it cost?

A. Health coaching is offered at no cost to qualifying members. It's one way Priority Health is a healthier approach to health care.

Q. Am I eligible to participate in health coaching?

A. Health coaching is open to all benefit eligible faculty and staff and covered spouses/household members.

Q. Is health coaching voluntary?

A. Yes. You can start or stop the program at any time.

Q. When are health coaches available?

A. Health coaches are available during daytime and evening hours.

Q. How does health coaching work with other Priority Health programs?

A. Your health coach can link you with our care management, pharmacy and behavioral health programs if you would like extra support.

Q. How long does health coaching last?

A. It's usually three months and can vary based on specific needs. You and your health coach will discuss how many and how long of sessions are best for you.

Q. What training do health coaches receive?

A. Our health coaches have received wellness and health coach training, and they've passed written and oral exams from a nationally recognized certification organization.

¿No habla inglés?

Comunicarse a el 888.389.6645 y pedir un traductor. A language service line is available for any language.